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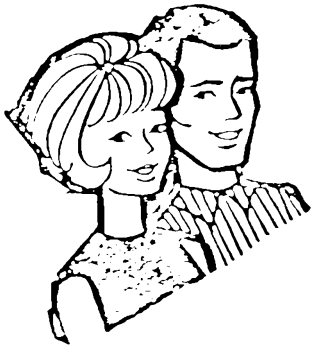

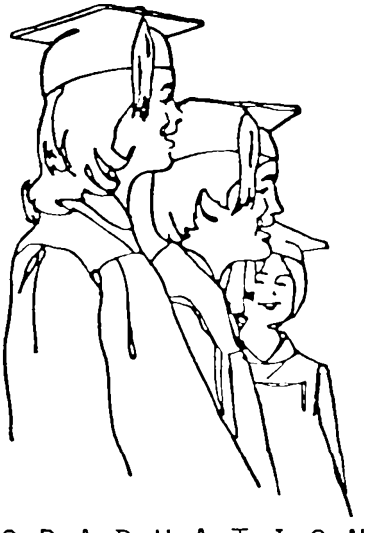

GRADUATION

May 7, 1982

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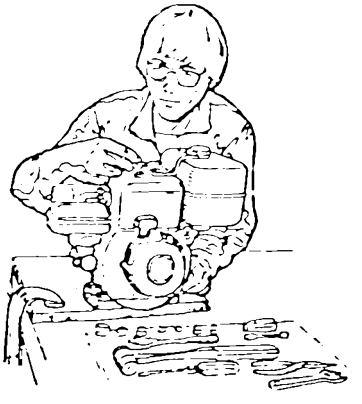


MATANUSKA-SUSITNA COMMUNITY COLLEGE

"MONITOR"

A monthly newsletter

..for students..

...by students...

APRIL-MAY

1982

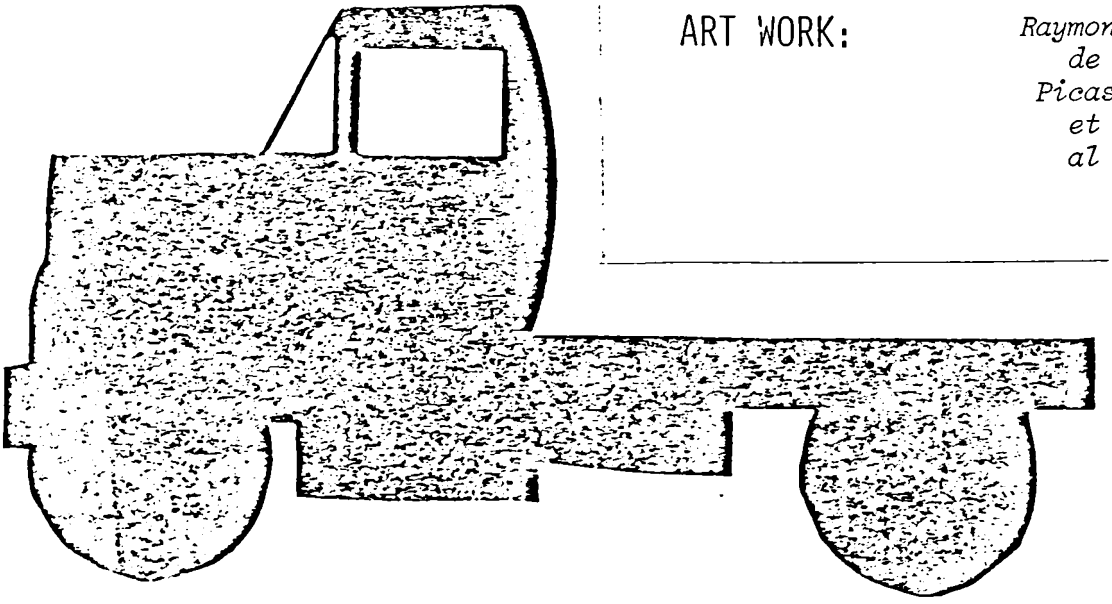
VOLUME 7 NO. 3

EDITOR: *Woody Hayes*

ASSISTANT: *Rebecca*

CONTRIBUTIONS

ART WORK: *Raymondo de Picasso et al*



Editorial by Woody

IN THE GREAT BATTLE OF BRAINS VERSUS BLUBBER, BLUBBER WILL ALWAYS WIN!

"SCIENTISTS ARE LEARNING THAT AMERICAN CAMPUSES ARE JUNGLES OF ENTICEMENTS THAT CAN SAP A STUDENT'S BRAIN POWER."

GOING TO COLLEGE CAN ROT YOUR TEETH, LARD UP YOUR HIPS AND WAISTLINE, CLOG UP YOUR BRAIN AND TURN YOUR HAIR DULL AS SATURDAY MORNING TELEVISION.

You aren't hearing much about it but doctors are discovering that campus life has always been hazardous to your health, both MENTAL & PHYSICAL. This isn't the kind of news you want to hear if you're the kind of student who wants good grades as much as you want good grooming. IT'S NO SURPRISE--brains and good health cannot be separated. Academic survival is obviously linked to good health. Tests have been conducted where twenty freshmen, with almost identical SATs were divided into two groups; the first was put on a simple regimen of daily exercise and controlled diets--not much exercise and the diet was concerned only with nutrition, not weight; the second group was allowed to work out and eat as they pleased. THE RESULTS WERE ASTONISHING: at the end of the first quarter, the first group was just a tiny bit ahead of the second group in grade point averages, but by the end of the freshmen year, the difference was DRAMATIC. The second group had adopted all of the unhealthy eating habits that are traditional on campuses but the first group ended the year with almost a two-point higher grade average.

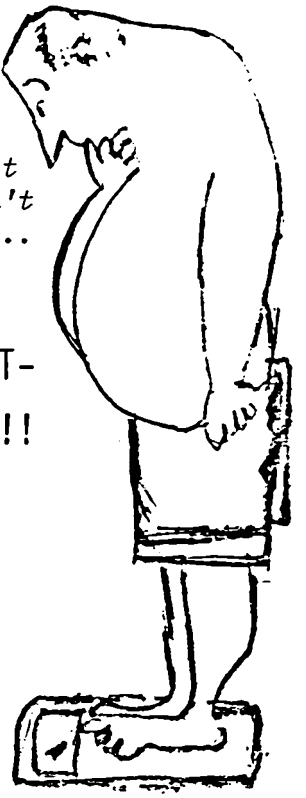
YOU'D BE WISE TO ADOPT THE SAME SIMPLE DIET AND EXERCISE PROGRAM PROVED BY THE FIRST TEST GROUP!

START WITH YOUR DIET

Nutrition scientists are learning how profoundly you affect the quality of your school work by what kinds of foods you jam into your salivating little mouth. The worst offenders against good brain power are JUNK FOODS. It's the refined sugar that junk foods are stuffed with that causes most of the brain drain. No matter what

bag of prepared snack or junk food you buy, it contains several ounces of valueless sugar.

About four hours after you leave home for college, you will get hungry and make the first of 3,288 decisions about meals. (That doesn't include snacks).....



IF YOU ADD IN THE DAILY JUDGMENTS ABOUT THE ODD TWINKIE, JELLY DONUT, CANDY BAR OR BIG MAC.....THE NUMBER OF DIETARY DECISIONS JUMPS TO AN ASTOUNDING 6,130!!!!!!!!!!!!!!!!

EACH OF THOSE DIETARY DECISIONS CAN MAKE YOUR LIFE EITHER PLEASANTLY TOLERABLE OR DOWNRIGHT MISERABLE.

GOBBLE, GULP, GOBBLE, GULP, GOBBLE

How you eat is just as important as what you eat. Living under campus pressures forces students to eat by the GOBBLE-AND-GULP ROUTINE.

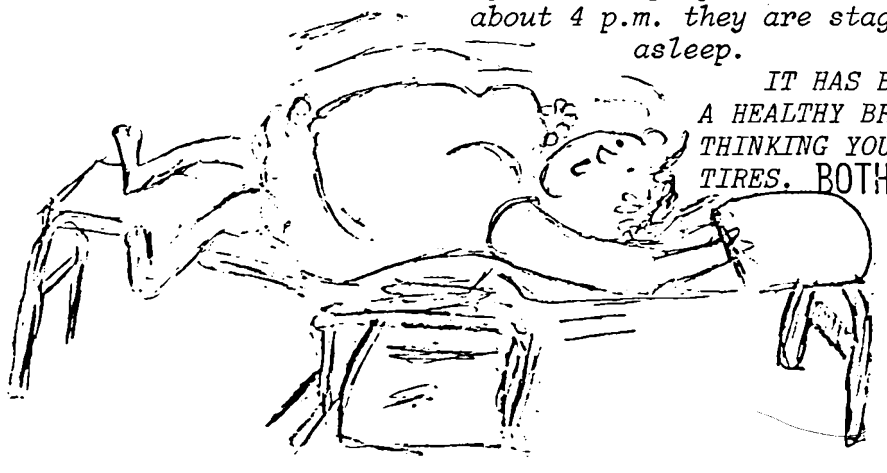
YOU KNOW THAT'S NOT GOOD!

SLOW DOWN AND SIT DOWN AT MEAL TIME. EAT THREE HONEST MEALS A DAY BUT DON'T EAT TOO MUCH OF ANYTHING. TRY TO EAT EACH MEAL ON A SCHEDULE. DON'T RUSH OR POSTPONE. SIT DOWN AND EAT AT A TABLE, FROM A PLATE, NEVER, NEVER EAT WHILE STANDING UP. DON'T GET INTO THE HABIT OF EATING WHILE STUDYING; THAT TURNS INTO SNACKING.

If you continually keep plucking tidbits from a baggie, you are TRANQUILIZING YOUR MIND, BUT SOON ENOUGH YOUR HAND WILL BE FEEDING YOUR FACE OUT OF HABIT, NOT BECAUSE YOU ARE STILL HUNGRY.

AVOID JUNK FOODS.....AVOID SUGARY SNACKS.....EAT IN MODERATION

But do not be overly moderate with your exercise.....
You can recognize the people who avoid exercise with such deligence--- about 4 p.m. they are staggering around looking for a place to fall asleep.

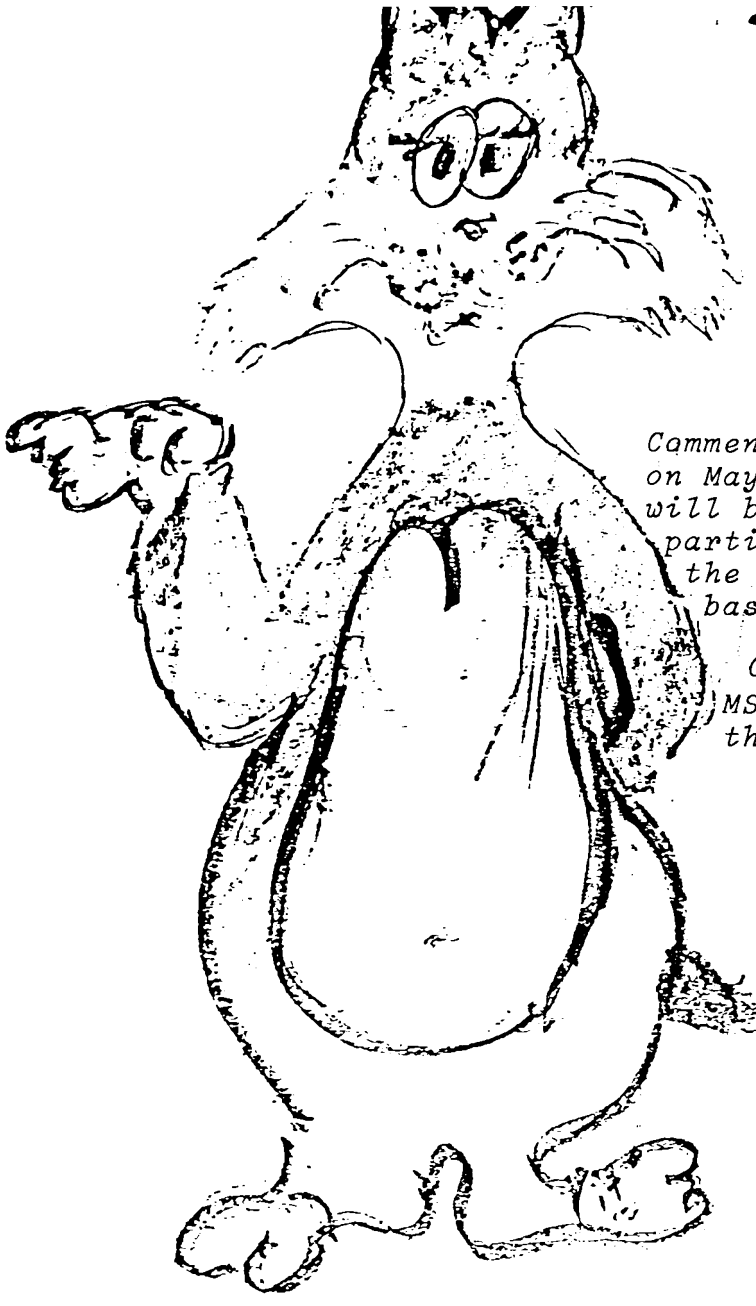


IT HAS BEEN PROVEN THAT THINKING YOU CAN MAINTAIN A HEALTHY BRAIN IN A FLABBY BODY IS EXACTLY LIKE THINKING YOU CAN GET TOP SPEED FROM A CAR WITH FLAT TIRES. BOTH ARE IMPOSSIBLE.

ALL IT TAKES IS AN EASY, QUIET DETERMINATION...STAY WITH IT.....
HANG IN THERE.....

AEROBIC DANCING & DANCERCIZE CLASSES ARE NOW IN PROGRESS FREE AT MSCC. SEE REBECCA AT REGISTRATION DESK FOR MORE INFORMATION...

INFORMATION OBTAINED FROM "ON CAMPUS" APRIL 1982



What's New

SPRING 1982 COMMENCEMENT

Matanuska-Susitna Community College 1982 Commencement will be held at Wasilla High School on May 7th at 7 p.m. The MSCC Alumni Association will be hosting a party for all commencement participants and their families immediately after the program. The party will be held in the basement of Wasilla High School.

On behalf of the MSCC Monitor staff and the MSCC Student body, we wish to congratulate the following graduates:

* * * * * * * * * * * * * * * * * * *

TAMMY D. FARRELL
PATRICIA A. BARNETT
ARLENE E. BOWMAN
DONALD J. BRAINARD
KATHRYN A. BRAINARD
LAURA SASSEEN DE LA CRUZ
RUTH E. DISHNOW
ROSANA LEE EPPLER
GUDRYN GAYMAN
LOIS V. GORDON
LINDA M. HAKENSON
JAMES M. HITCHCOCK
PHYLLIS KIRKPATRICK
MICHELE A. LEONARD
DEBRA L. MILLER
MICHAEL K. MOORE
MARGUERITE P. NEWMAN
DONALD L. NOWOTNY
WALTER P. ORTNER
THOMAS HENSEL
DAVID B.LEIER
ELMER A. LENARD
CAROL LOSLEBEN
MARILYN K.MITCHEL
ANDRE KELLNER-RODE
MARTIN E. OSBORNE
KRISTIN ROETMAN VERNOLA
WESTON O.VAN LOON
DORIS W. VOGT

****

Warm fuzzies make people feel good. They are usually small and nice and are also called "strokes". You can give them or get them; and they're important to help people feel good about themselves. WARM FUZZIES help keep other people well...give one to someone today!

smile at a stranger
give a little present
invite a friend to dinner
tell a funny story
take a relative to lunch
acknowledge a job well-done
sit close to someone you love
scratch a back
write a letter
listen to a child
share your dessert
call someone you miss and tell them
rub a neck
put your arm around someone
take a treat to work
say something nice about someone
do something for someone else that makes you feel good too!

Happy Summer Days